

1. An exercise machine comprising;

a framework, said framework configured to be supported on a supporting surface;

a pair of cranks, each said crank rotatably connected to said framework;

a pair of treadles, each said treadle operably associated with said framework;

a pair of connecting links, each connecting link pivotally connected to said crank and to a respective said treadle;

a pair of tread belts, each said tread belt operably associated with one of said treadles;

each said treadle having generally opposing up and down treadle movement relative to said framework when the foot of the user is rotating said crank whereby the foot of said user moves said tread belt relative to said treadle as said treadle moves downward under the weight of said user.

2. The exercise machine according to claim 1 further comprising a pair of rollers, said pair of rollers pivotally connected to a respective said treadle to support one of said tread belts.

3. The exercise machine according to claim 1 further comprising a pair of decks, each said deck positioned generally under the upper surface of a respective said tread belt and supported by a respective said treadle.

4. The exercise machine according to claim 1 further comprising a pair of cushion systems, each said cushion system operably associated with said deck and said treadle.

5. The exercise machine according to claim 1 further comprising a pair of handles, each said handle operably associated with a respective said treadle whereby said handle provides arm exercise.

6. The exercise machine according to claim 5 wherein said handle further comprises a pair of hand grips whereby each said hand grip follows an elongate curve path.

7. The exercise machine according to claim 1 further comprising tread belt resistance, said tread belt resistance being adjustable to regulate the movement of said tread belt relative to said treadle.

8. The exercise machine according to claim 1 further comprising a motor, said motor operably associated with said tread belts to regulate the speed of said tread belts relative to said treadle.

9. The exercise machine according to claim 1 further comprising a flexible linking, said flexible linking operably

associated with said cranks and said tread belts to coordinate the movement of said tread belts to the rotation of said cranks.

10. The exercise machine according to claim 1 further comprising a load resistance, said load resistance operably associated with said crank.

11. The exercise machine according to claim 1 further comprising a flywheel, said flywheel rotatably connected to said framework and operably associated with said crank.

12. The exercise machine according to claim 1 further comprising a control system, said control system operably associated with said cranks and said tread belts to regulate their relative movements.

13. The exercise machine according to claim 1 further comprising a shroud, said shroud configured to enclose said cranks and having slots to allow the exit of said connecting links.

14. An exercise machine comprising;
a framework, said framework configured to be supported on a supporting surface;
a pair of treadles, each said treadle having a treadle pivot means attached to said framework;

a treadle movement means, said treadle movement means operably associated with each said treadle to provide generally opposing dependent up and down movement for said treadles;

a pair of rollers for each treadle, said pair of rollers operably associated with a respective said treadle;

a pair tread belts, each said tread belt engaged with said pair of rollers;

each said treadle having generally opposing up and down dependent treadle movement relative to said framework when the foot of the user acts upon said treadle movement means and said tread belt moves relative to said treadle as said treadle moves downward under the weight of said user.

15. The exercise machine according to claim 14 wherein said treadle movement means comprises a crank, said crank rotatably connected to said framework, and a pair of connecting links, each said connecting link pivotally connected to said crank and to one of said treadles.

16. The exercise machine according to claim 14 further comprising a handle means, said handle means operably associated with said treadle movement means whereby said handle means provides arm exercise.

17. The exercise machine according to claim 16 wherein said handle means further comprises a hand grip whereby said hand grip

follows an elongate curve path.

18. An exercise machine comprising;

- a framework, said framework configured to be supported on a supporting surface;
- a crank, said crank rotatably connected to said framework;
- a pair of treadles, each said treadle operably associated with said framework;
- a pair of connecting links, each connecting link pivotally connected to said crank and to a respective said treadle;
- a pair of rollers for each treadle, said pair of rollers pivotally connected to a respective said treadle;
- a pair of tread belts, each said tread belt operably associated with a pair of said rollers;
- a pair of handles, each said handle operably associated with a respective said treadle;
- each said treadle having generally opposing up and down treadle movement relative to said framework when the foot of the user is rotating said crank whereby said foot of said user moves said tread belt relative to said treadle and the hand of said user moves said handle.

19. The exercise machine according to claim 18 further comprising a pair of decks, each said deck positioned generally under the upper surface of a respective said tread belt and supported by a respective said treadle.

20. The exercise machine according to claim 19 further comprising a pair of cushions, each said cushion operably associated with said deck and said treadle.

21. The exercise machine according to claim 18 further comprising tread belt resistance, said tread belt resistance being adjustable to regulate the movement of said tread belt relative to said treadle.

22. The exercise machine according to claim 18 further comprising a motor, said motor operably associated with said tread belt to regulate the speed of said belt relative to said treadle.

23. The exercise machine according to claim 18 further comprising a load resistance, said load resistance operably associated with said crank.

24. The exercise machine according to claim 18 further comprising a flywheel, said flywheel pivotally connected to said framework and operably associated with said crank.

25. The exercise machine according to claim 18 further comprising a flexible linking, said flexible linking operably associated with said crank and said tread belts to coordinate the

movement of said tread belts to the rotation of said crank.

26. The exercise machine according to claim 18 further comprising a control system, said control system operably associated with said crank and said tread belts to regulate their relative movements.